

Fall 2006



SEATTLE PARKS  
AND RECREATION

# Bitter Lake

---

## COMMUNITY CENTER



NEW!

**REGISTER ONLINE · it's easy!**

[www.seattle.gov/parks](http://www.seattle.gov/parks)

**SPARC**

Bitter Lake Community Center  
13035 Linden Ave N  
Seattle, WA 98133-7560

PRSTD STD  
U. S. POSTAGE  
PAID  
SEATTLE, WA  
PERMIT NO. 900

**ECRWSS**  
Postal Customer

## Bitter Lake Community Center

13035 Linden Avenue North  
 Seattle, WA 98133  
 Phone: 206-684-7524 Fax 206-684-0858  
 Visit us online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

### Hours of operation

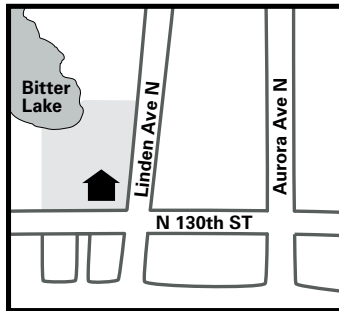
Monday & Tuesday	1 to 9 p.m.
Wednesday – Friday	11 a.m. to 9 p.m.
Saturday (starting Sept 9)	10 a.m. to 5 p.m.
Sunday	Closed

### Maintenance Closure

October 29 through November 5, 2006

### Holiday Closures

Monday, September 4, Labor Day  
 Friday, November 10, Veterans' Day Observed  
 Thursday, November 23 & Friday, November 24,  
 Thanksgiving Holiday  
 Monday, December 25, Christmas Day  
 Monday, January 1, New Year's Day



### Program registration

Registration begins Monday, August 14.

### Program dates

September 1 – December 31, 2006

### Directions

Bitter Lake Community Center is located on  
 Linden Avenue N and N 130th Street

### Heading North on I-5:

- Take the 130th Street exit (#174).
- Go straight through the stop sign.
- Turn left onto 130th Street
- Follow 130th St about 1 mile, past Aurora Ave N to Linden Ave N and turn right.
- You will see the community center on your left. Park on the street or in the lot to the north of the center.

### Heading South on I-5:

- Take the 145th Street exit (#175)
- Turn right onto 145th Street at the stoplight.
- Follow 145th about 1 mile, past Aurora Ave N, and turn left onto Linden Ave N.
- The community center will be on your right at the corner of Linden Ave N and 130th Street N. Park in the lot to the north of the center or on the street.

## Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

## Management Staff

Ken Bounds, Superintendent  
 Christopher Williams, Operations Director  
 Maureen O'Neill, Recreation Manager  
 Tom Ostrom, Senior Coordinator

## Center Staff

Barbara Wade, Center Coordinator  
 Faizah Osayande, Asst. Center Coordinator  
 Debi Belt, Maintenance Laborer  
 Erin Maurer, Teen Development Leader  
 Kyle Griggs, Recreation Leader  
 Mputela Scott, Recreation Attendant

## Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the *City of Seattle*. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) Online registration is now available for selected courses.

## Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

## Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

# Special Events

## Big Pumpkin Bash!

Bring the entire family for an evening of ghoulish fun! Kids will enjoy more than 25 carnival games, holiday entertainment, face painting, candy and prizes, the moonwalk jump toy, the ever-popular cake walk! There is a special room just for pre-schoolers.

There is no admission fee, however, you will need to purchase tickets for games, activities and food. Please bring a can of food for your local food bank. Don't forget to wear your costumes!

**Ages 2 to 10 years old**

**Sat, Oct 28 6 – 8:30 p.m.**

**Location: The Annex**



## Teen Flashlight Pumpkin Hunt

This fun Fall event will get you in the Halloween spirit! Dress warmly and bring a flashlight and goody bag. Meet at Bitter Lake Community Center at 7:15pm - the hunt begins promptly at 7:30pm sharp! There will be tons of cool prizes!

**Ages 11 to 16 years old**

**Thu, Oct 26 7:30 – 8:30 p.m.**

**Fees: Free!**



## Toddler Fall Frolic!

This is a special event just for toddlers! Join us in the gym for our regular Toddler Open Gym . . . only SUPER-SIZED! Toddlers can bounce, bounce, bounce on the giant jump toy, enjoy fun games, and face painting. Popcorn and other treats will be provided!

**Fri, Oct 20**

**11a.m. – 12:30 p.m.**

**Fees: \$2.00 per child**



# Special Events

## Friday Family Skate!

Join us every Friday night for this popular Bitter Lake family tradition! We have great music and play fun games. Bring your own rollerskates or blades, or borrow a pair of ours. It's fun for all ages and abilities! Skate Night begins **September 8th** at our Annex, located at 13040 Greenwood Avenue North.

Having a birthday? Have a skate party and invite all your friends! Give us a call and ask about renting our party room during Friday Skate Night!

**Fridays 6:30 – 8:15 p.m.**

**Fees: \$3.00 per skater**

**Location: The Annex**



## Celebrate Winter Concert!

Join us for this wonderful winter concert as we celebrate the diversity that makes up our community. This concert will feature young people from many local schools and community groups, singing some of your traditional holiday favorites as well as songs from different countries and cultures. Everyone is welcome and there is special VIP seating for seniors. Please bring a toy for charity if you like.

**Sat, Dec 9 6 – 8 p.m.**

**Fees: Free!**



## Community Spaghetti Dinner

Join your friends and neighbors for an evening of good food and good fun at Bitter Lake CC! This event is planned and organized by our very own teens. They will be serving up spaghetti, meatballs, garlic bread and salad. All proceeds from this event benefit Bitter Lake teen programs.

**Fri, Nov 17 6 – 8 p.m.**

**Fees: \$6.00 (12 and younger & 55 and older eat for \$4)**



# Special Events



## Friday Flics!

Join us on some fun and festive Fridays as we watch movies on the big screen! We'll test your wits with movie trivia, and prizes will be given for costumes inspired by the evening's movie selection. We'll be sprawling out in the Bitter Lake Halls so bring comfy cushions and some friends and family and join us for some fun and laughs.

## Lady and the Tramp

Fri, Sep 1 6:30 – 9 p.m.

Fees: \$2.00 for snack

## Nightmare before Christmas

Fri, Oct 6 6:30 – 9 p.m.

Fees: \$2.00 for snack

## Miracle on 34th street

Fri, Dec 1 6:30 – 9 p.m.

Fees: \$2.00 for snack

## Volunteers Needed!

Bitter Lake Community Center needs YOU! We are looking for volunteers to run food and game booths for the Big Pumpkin Bash on Saturday October 28th, 2006! We are also looking for youth basketball coaches! These are only two of the great opportunities for you to get involved in your community. Give us a call for more information.

## Fall Youth Basketball League

Oct – March

## Big Pumpkin Bash

Sat, Oct 28



## Hold Your Own Special Event!

Rent Bitter Lake Community Center for weddings, birthdays, meetings, dance, family reunions, seminars, craft shows, or just about anything you can dream up! Give us a call for room availability and rates. If Bitter Lake Community Center does not suit your needs, visit the Seattle Parks and Recreation website at [www.seattle.gov/parks](http://www.seattle.gov/parks). There are over 20 great community centers that can be rented throughout the City.

## Toddlers



### Discovery Corner JR Preschool

This class is the perfect early learning and socialization class for your toddler. Arts and crafts, stories, gym play, sharing, and more in a positive, creative, nurturing environment. A small snack is provided. Instructor is not required to change diapers. Space is limited!

**Age:** 2 1/2 to 3 1/2

**Tue/Thu** 9:30 a.m. – Noon

**Fees:** \$110 /month

### Toddler Open Gym!

Fall is here and so is the rainy weather. Join other toddlers in our indoor playground! There are lots of toys and equipment to play with that are safe and a lot of fun. Make lots of new friends too! Please pay for entrance to open gym at the front counter.

**Mon.....** 1 – 2:30 p.m.

**Wed.....** 11 a.m. – 12:30 a.m.

**Fri.....** 11 a.m. 12:25 p.m.

**Sat .....** 10 a.m. – 12 noon

**Fees:** \$2.00 per child

### Brain Play

This is a drop-in program for both toddlers and their parents. It offers activities, play and discussions on different areas of toddler development. Discover what activities and toys best support your child's brain in making essential connections. Brain Play is offered in partnership with the North Seattle Family Center. If you've ever taken PEPS, you'll LOVE Brain Play!

**Ages** Birth to 3 years

**Wednesdays** 10 a.m. – Noon

### Discovery Corner Preschool

Join the fun, make new friends and get ready for kindergarten too! Your child will learn the alphabet and numbers in a creative, loving & positive environment. Activities include arts and crafts, science, music and gym and outdoor play. A mid-morning snack is provided by parents. Children must have independent toileting skills.

**Instructor:** Rebecca Moore

**Age:** 3 to 5

**Fees:** \$165 /month

**Location:** Childcare Room

### Discovery Corner AM

**MWF** 9:30 a.m. – 12:30 p.m.

### Discovery Corner PM

**MWF** 1 – 4 p.m.



# Toddlers

## Just Starting Sports

**Ages 3 to 6**

This class for ages 3-6 will introduce your child to the basics of sports. Participants will get comfortable with their body movement and handling of sports equipment at the same time. Skill building and enjoyment are the emphasis of this class for first timers.

**Location: Gym**

**Activity Fee: \$30**

### Session 1

#9595	Tue	1:15 – 2 p.m.
9/19 – 10/17		

### Session 2

#9596	Tue	1:15 – 2 p.m.
10/24 – 11/21		



## Parents' Night Out

**Ages 3 to 12**

It's your turn to take time off for yourself and go out for a night! Bring your child to the center for a fun night of activities and you can go out for dinner, a movie, or both!! Please pre-register by the Wednesday before the date.

**Location: Childcare Room**

**Activity Fee: \$15**

#9589	Fri, Oct 13
6 – 9 p.m.	
#9590	Fri, Dec 8



## Family Free Shoot!

This is gym time just for parents and kids so you can shoot some hoops together.

**Wed, Fri      5 – 7 p.m.**

## Youth

### Just Starting Basketball!

This class is an introduction to the game of basketball for ages 5 – 7. The emphasis is on skill building and learning the fundamentals of dribbling, shooting, and the rules of the game. The participants will practice once a week. Registration begins August 14!

**Location:** Annex- Large Gym

9/20 – 10/18

**Activity Fee:** \$65

#9581 Wed  
5 – 6 p.m.

**Ages:** 5 to 6

#9582 Wed  
6 – 7 p.m.

**Ages:** 6 – 7

### Flag Football

Youth will have fun learning the fundamentals of football in a non-contact environment. Teams are formed by age groups. Players will have practices and games beginning in September.

**Location:** Outdoor Space

**Activity Fee:** \$35

**Practices** TBA

**Saturday Games** 9 a.m.

9/23 – 11/18

#9723 Ages 6 to 7

#9724 Ages 8 to 9

#9725 Ages 10 to 11

#9727 Ages 12 to 14

### Roller Skating Lessons

**Ages 6 and older**

Beginning and intermediate roller skaters and bladers, this is your chance to learn how to skate, or to improve your skills. After your lesson you can practice your new skills during our Family Skate Night!

**Instructor:** Donna Ely

**Location:** Annex- Large Gym

#9594 Fri 5:15 – 6:15 p.m.  
9/22 – 10/13

**Activity Fee:** \$30



### Girls Volleyball

Volleyball is a game that can be played and learned with little or no experience. Girls will learn the basics of volleyball in a recreational setting. Practice days and times are determined by the availability of a volunteer coach. Players sign up at their local community center and practice there, with games being played at central community center sites. Leagues are formed and play begins the week of September 19 and conclude the week of

November 14.

**Location:** Gym

**Activity Fee:** \$35

**Tues, Wed, Thurs Games** 5:30 – 7:30 p.m.  
9/19– 11/15

#9572 Ages 10 to 11

#9573 Ages 12 to 13

#9574 Ages 14 to 17



## Youth

### **BIG BLAST — School Year Childcare Program**

This DSHS-licensed child care serves youth in Kindergarten through fifth grade. A variety of activities are available to satisfy various interests and age groups. The activities include art and cooking projects, gym games, outside play, and much more. A light snack is provided. Fees are monthly. Call 206-684-7524 to ask about openings.

**Explanation of Fees** – The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December).

**Instructor:** Marjean McCraw

**Age:** Kindergarten to 5th Grade

#### **Before School**

<b>Mon–Fri</b>	<b>7 – 9 a.m.</b>
<b>5 days/wk</b>	<b>\$160</b>
<b>4 days/wk</b>	<b>\$145</b>
<b>3 days/wk</b>	<b>\$120</b>
<b>2 days/wk</b>	<b>\$95</b>
<b>1 days/wk</b>	<b>\$50</b>

#### **After School**

<b>Mon–Fri</b>	<b>3:10 – 6 p.m.</b>
<b>5 days/wk</b>	<b>\$245</b>
<b>4 days/wk</b>	<b>\$230</b>
<b>3 days/wk</b>	<b>\$190</b>
<b>2 days/wk</b>	<b>\$135</b>
<b>1 days/wk</b>	<b>\$ 85</b>



### **Indoor Nerf Soccer**

#### **Ages 5 to 7**

This safe, indoor sport is a great introduction to the game of soccer for youngsters just starting out in sports. Your child will learn the fundamentals of soccer using a Nerf soccer ball. This league is for youth ages 5-7. Practice times and days are determined by the availability of a volunteer coach. Game locations and times to be determined.

**Location:** Gym

**#9579**

**Mon**

**4 – 6 p.m.**

**9/11 – 10/23**

**Activity Fee: \$35**

## Kids

### Piano

#### Ages 7 and older

These private lessons are offered in 30 minute blocks for beginning or continuing students. Homework will be assigned, so access to a piano or keyboard is essential. Call 684-7524 to arrange a time. There will be a recital at the end of the quarter.

Time: 3 – 9 p.m.

Activity Fee: \$120 ( 6 weeks) \$100 (5 weeks)

Barcode	Day & Seesion	Dates
#9744	Fri I	9/22 – 10/27
#9745	Fri II	11/3 – 12/15
#9736	Mon I	9/18 – 10/23
#9737	Mon II	10/30 – 12/11
#9742	Thu I	9/21 – 11/2
#9743	Thu II	11/2 – 12/14
#9738	Tue I	9/19 – 10/24
#9739	Tue II	10/31 – 12/12
#9740	Wed I	9/20 – 10/25
#9741	Wed II	11/1 – 12/13



### Parents' Night Out

#### Ages 3 to 12

It's your turn to take time off for yourself and go out for a night! Bring your child to the center for a fun night of activities and you can go out for dinner, a movie, or both!! Please pre-register by the Wednesday before the date.

Location: Childcare Room

Activity Fee: \$15

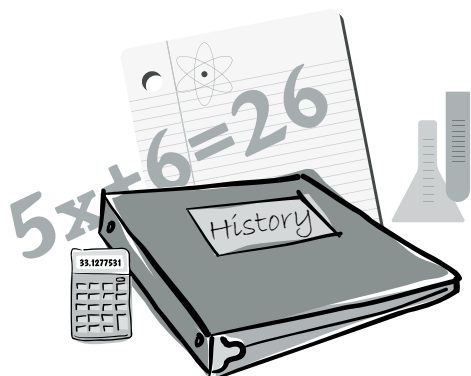
#9589 Fri, Oct 13

6 – 9 p.m.

#9590 Fri, Dec 8

6 – 9 p.m.

## Teens



### Back to School 3-on-3 Basketball Tournament

Come show us what your team is made of. Teams are middle and high school only. Up to four players per team. Ages 12-18. Registration: 12:30-2:00pm. Tournament play starts promptly at 2pm.

**Ages 12 to 18**

**Wed, Sep 27 12:30 – 5 p.m.**

**Fees: Free**

### Homework Helpers!

Having trouble with a class or just need the motivation to do your homework. Join us every Tuesday Starting at 5:00 PM. If you are interested in being a tutor in exchange for community service hours come and see the teen development leader.

**Tuesdays 5 – 7 p.m.**

**Sep 19 – Jan 3, 2007**

**Fees: Free**

### Jump Start Your Creativity!

**Ages 15 to 19**

Did your English teachers praise you for your writing assignments? Have you always wanted to write in your leisure time but have never started? Jump-Start Your Creativity is a writing class for you. It helps you write the story that has been turning in your head and begging you to give it life.

**Location: Family Center**

**#9580 Sat 10 a.m. – Noon**

**9/23 – 11/18**

**No class 11/4/06**

**Activity Fee: \$70**



### Bitter Lake Theatre Teen Style

It's movie matinee time on Fridays after school in the teen room. Join other teens as we watch a new release movie every week. You can vote on the movie we will watch the following week. Popcorn is provided!

**Fridays 3:30 – 6:30 p.m.**

**Sep 22 – Jan 5, 2007**

**Fees: Free**



## Teens

### College Fairs

Thinking about going to College but do not know where or what for. Come with us down to the college fairs to collect information and discover your possibilities. Register with the teen development leader.

### Performing and Visual Arts College Fair

Thu, Nov 2 7 – 9 p.m.

Fees: Free

### National College Fair

Sat, Nov 4 Noon – 4 p.m.

Fees: Free

### Halo 2 Tournament

Grab your controller and head down to Bitter Lake Community Center for our Halo 2 tourney. We will have a team competition as well as an individual free for all. Due to the mature rating of the game, all participants under the age of 18 must have a signed permission slip to participate or watch. Every teen must provide their own controller.

Wed, Oct 25 12:30 – 5 p.m.

Fees: Free!

### Hip Hop From The Top

Have you ever wanted to write you own raps or spoken word pieces? Learn how to freestyle and beatbox from some experts in field. Come, have fun, and express yourself through Hip Hop. No experience needed.



### Skate without Hate!

Join your friends and fellow teens in this cool event during the National Week without Violence (October 15th-21st). This is a great way to get involved, make a statement and have some fun too! Skate without Hate will be held at the Annex at 13040 Greenwood Avenue north. It will take place of our regularly scheduled Saturday Late Night Program.

7 p.m. – Midnight

Sat, Oct 21

Fees: Free

### The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3<sup>rd</sup> and 4<sup>th</sup> graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



Pro Parks Levy

## Teens

### Late Night for Teens!

Oh Yeah! The Freedom to hang with your friends, roller-skate, swim, shoot some hoops or watch a movie. It's your weekend, let's start it off right. In north Seattle, Late Night is offered on Fridays from 8:30 until midnight and on Saturdays from 7:00 until midnight. Late night is for teen's ages 13-19 years old! This awesome program takes place at our Annex at Broadview Thomson Elementary School, 13040 Greenwood Avenue North.

**Fri 7 p.m. – Midnight**

**Sat 7 p.m. – Midnight**

**Sep 8 – Dec 30**

**Fees: Free**



### Teen Advisory Council

The Bitter Lake Teen Advisory Council is the hot line to all your service hour needs! Teen Advisory Council members learn to organize, promote and put on all types of events as well as learning techniques in public speaking, resume writing, personal economics, communication skills, teamwork and influencing others. Dinner provided!

Join other teens in planning and implementing Bitter Lake's Community Spaghetti Dinner.

**Wednesdays**

**5 – 7 p.m.**

**Sep 20 – Dec 27**

**Fees: Free**



### Teen Open Gym

Come Down to BitterLake and shoot some hoops or play dodge ball.

**Mon & Tues 2:30 – 4 p.m.**

**Wed & Fri 2:30 – 5 p.m.**

**Thurs 3:30 – 5 p.m.**

**Fees: Free**

### Teen Volunteer Group

If you need service hours or you just want to volunteer at the community center then join the volunteer group on the 2nd & 4th Thursdays of the month. You can sign up for regular weekly service hours and also help design a service project.

**Thursdays**

**4 – 7 p.m.**

**Sep 28 – Dec 28**

**Fees: Free**

## Adults

### Writing From the Heart

Ages 20 and older

Mon 7 – 9 p.m.

Activity Fee: \$70

#### Session 1

#9597 9/18 – 11/6

#### Session 2

#9598 11/13 – 12/18



### Beginning Fly Tying

Ages 16 and older

The Northwest Fly Anglers Association is teaching the basic techniques of fly tying, using patterns effective in Northwest Rivers. The instructor will supply basic materials, but students should bring basic tools such as vise and bobbin/tread.

Location: Art Room

#9720 Wed 7 – 9 p.m.  
10/4 – 11/8

Activity Fee: \$35

### English as a Second Language!

Learn english together with your neighbors in this free and friendly class. Adults meet 2 days each week on Monday and Thursday. On Friday everybody comes together including the children of the students to learn. The instructors for these fun and educational classes are professionals from North Seattle Community College. Meet the teacher and sign up for classes on Monday September 18 at 1:00pm.

Fees: Free

### North Indian Cooking

Ages 15 and older

Learn to cook healthy ethnic Indian dishes. Share your instructor's knowledge of family cooking secrets passed down from generation to generation in her homeland, India. This class meets for five weeks.

Location: Kitchen

#9571 Mon 6:30 – 8:30 p.m.  
9/18 – 10/16

Activity Fee: \$50

### Remix Workouts

Ages 18 and older

Get the kids off to school and meet us for a morning workout. These classes are always different so you'll stay challenged and motivated. Your instructor blends a variety of movements to provide cardiovascular exercise as well as strength training.

Location: Gym

#### Remix Workouts – Session 1

#9592 TTh 9 – 10 a.m.  
10/3 – 11/9

Activity Fee: \$70

#### Remix Workouts – Session 2

No Class 11/23/06

#9593 TTh 9 – 10 a.m.  
11/14 – 12/21

Activity Fee: \$65



## Adults

### Kickboxing

#### Ages 18 and older

Kickboxing workouts are a great way to get in shape and stay fit. This class will increase your stamina, flexibility and strengthen your body.

**Location:** Multi-Purpose Room

#9732                      TTh                      7:40 – 9 p.m.  
9/19 – 11/16

**Activity Fee:** \$80

### Yoga

#### Ages 14 and older

Want to learn the basics of yoga? Are you looking to take some time away from your busy life? Sign up for Adult Yoga. Not only will you be able to relax and learn something new, but you will also get into great shape in the process!

**Location:** Multi-Purpose Room- 1/2 South

#### Session 1

#9599                      Wed                      5:30 – 6:30 p.m.  
9/20 – 11/15                      No class 11/1

**Activity Fee:** \$50

#### Session 2

#### Ages 14 and older

#9600                      Wed                      5:30 – 6:30 p.m.  
11/15 – 12/27

**Activity Fee:** \$45

### Jazzercise

The world's largest dance fitness program combines total body conditioning, the benefits of aerobics with the fun of dance. This is not a Bitter Lake Advisory Council program. Register at the door with the instructor.

**Instructor:** Kathy Batson & Sandy Ziegler

#### Ages Adult

**Saturdays**                      9 – 10 a.m.

**MWF**                      9:30 – 10:30 a.m.

**Tue, Thu**                      6:30 – 7:30 p.m.

**Fees:** \$30.00 for 5 classes (new student special) Ask about monthly passes.

### Men's Basketball League

Get a team together and join one of our men's basketball leagues. Give us a call for more information.

Games start the end of September.

### Basic Dog Obedience

#### Ages 10 and older

Owning a dog can be fun and exciting, but if your dog misbehaves, the fun experience can change quickly. Participants will learn the obedience commands needed to help their dogs become well managed in a friendly way.

**Location:** Gym

#9569                      Sat                      10 – 11 a.m.  
9/23 – 10/28

**Activity Fee:** \$65

### Salsa Lab!

Come dance to energizing music while salsa dancers share their movements. Join other dancers working to develop their dancing by practicing new moves, redefining others, polishing one's footwork, rehearsing your routines, reinforcing dance techniques, or just want to work out. Come with a friend or come alone there is no official instructor for this dancing lab.

**Fridays**                      7 – 8:45 p.m.                      Sep 22 – Nov 17

**Fees:** Free!

### Scrapbooking

#### Ages 10 and older

Scrapbooking is a fun way to create a story book of lifetime memories. Participants will learn the basics of scrapbooking.

**Location:** Family Center

#9746                      Thu                      6:30 – 8 p.m.  
9/21 – 10/12

**Activity Fee:** \$40

## Adults

### Oil Painting

#### Ages 10 and older

This course is designed to introduce beginners and intermediate painters to oil painting composition, expression, and color. You will be encouraged to create your own style and vision.

**Location:** Art Room

#9588                      Wed                      6:30 – 8 p.m.  
9/20 – 11/22                      No class 11/1  
Activity Fee: \$100

### Beginning Ceramics

#### Ages 10 and older

Make basic ceramic crafts. Learn basic fundamentals of hand-building through frequent demonstrations and individualized instruction.

**Location:** Art Room

#9570                      Sat                      12 – 1:30 p.m.  
9/23 – 11/18                      No class 11/4  
Activity Fee: \$130

### Introduction to Hapkido

Hapkido is a complete martial art system that includes empty hand and weapons (wooden sword/staff/etc.) practice. It is an excellent art for self defense. This beginner's class is designed to introduce you to art in a non-competitive, safe environment. Learn the basics of Hapkido movement, with and without partners. Benefits include increased physical fitness, flexibility, strength and balance, improved confidence, and a more peaceful mind. An enjoyable workout, led by a professional black instructor.

Instructor: Jessica Berg

#### Ages 7 and older

#### Introduction – Session 1

Ages 7 and older  
#9575                      TTh                      6 – 7:30 p.m.  
Activity Fee: \$80

#### Hapkido Introduction – Session 2

Ages 7 and older  
#9576                      TTh, Jan 2                      6 – 7:30 p.m.  
Activity Fee: \$36

### Hapkido

Hapkido is a Korean martial art. Hap translates as harmony, Ki is intrinsic energy, and Do means "way". It is an integrated art of kicking, striking, patterns (series of arranged moves), and throws. Weapons included. Hapkido is an excellent art for self-defense while focused on physical and mental health while being in harmony with one's environment. Tenets, such as courtesy, patience, and right behavior, are practiced by the students and instructors.

**Location:** Multi-Purpose Room- 1/2 South

#### Session 1

#### Ages 7 and older

No Class 11/23/06  
#9577                      9/18 – 11/21                      Mon, TTh  
4:30 – 6 p.m.  
Activity Fee: \$105

#### Session 2

#### Ages 7 and older

No Class 12/25/06  
#9578                      11/27 – 12/28                      Mon, TTh  
4:30 – 6 p.m.  
Activity Fee: \$46

### Kendo

#### Ages 12 and older

Kendo is a co-ed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use bamboo swords and full protective body armor. Participants must purchase a bokken (bamboo sword) either before or at first class.

**Location:** Gym

#### Session 1

#9729                      Thu                      7 – 9 p.m.  
9/21 – 11/30  
Activity Fee: \$60

#### Session 2

#9731                      Thu                      7 – 9 p.m.  
12/7 – 12/28  
Activity Fee: \$25

## Adults

### Butokukan Karate

Improve your body and mind through techniques in this ancient martial art form. Learn basic strikes, kicks, blocks, and stances. Participants test for the belt rank at their own pace.

**Location:** Multi-Purpose Room

#### Beginner – Session 1

**Ages 6 and older**

#9583 MW

9/18 – 11/22

**Activity Fee:** \$65



7 – 8 p.m.

#### Beginner – Session 2

**Ages 6 and older**

#9584 MW

11/27 – 12/13

**Activity Fee:** \$20

7 – 8 p.m.

#### Advanced – Session 1

**Ages 6 and older**

#9585 MW

9/18 – 11/22

**Activity Fee:** \$65

7:30 – 9 p.m.

#### Advanced – Session 2

**Ages 6 and older**

#9586 MW

11/27 – 12/13

**Activity Fee:** \$20

7:30 – 9 p.m.

### Adult Drop-In Sports!

Adults, here's your chance to drop in, have some fun and get in shape too! Please pay your \$2.00 drop-in fee at the front counter before entering the gym. Adult drop in programs are on-going. Schedule subject to change.

#### Dodgeball

**Wednesdays** 7 – 9 p.m.

**Fees:** \$2.00 per person

#### Pickleball

**Thursdays** 5 – 7 p.m.

**Fees:** \$2.00 per person

#### Basketball

**Tuesdays & Fridays**

**Tue, Fri** 7 – 9 p.m.

**Sat** noon – 3 p.m.

**Fees:** \$2.00 per person

## Seniors

### Senior Dance

Step out to the sound of our band, the Peptones, at our weekly Senior Adult dance! Enjoy good friends, refreshments, fun weekly themes - and of course, DANCING! Lucille Getchell is your lovely hostess who puts on a fabulous dance!

**Thursdays** 1 – 3 p.m.

**Fees:** \$3.50

**Location:** Gym

### The Needlers

Join this group of needle-working seniors and work on a project of your own. It's a time to talk and share each other's company. The group meets every second and fourth Tuesday of the month.

Drop in, it's free!

Second and fourth Tuesday of the month.

**Noon – 3 p.m.**

**Fees:** Free!





## Senior Adults

### Northwest Senior Adult Registration Information: Classes/Special Events

**Northwest Sector Recreation Specialist**  
**206-233-7138**

**Summer Quarter Dates:** Sept 1 – Dec 1

#### **No classes: Holiday Closures**

Monday, September 4, Labor Day

Friday, November 10, Veterans' Day  
Observed

Thursday, November 23 & Friday,  
November 24, Thanksgiving Holiday

Monday, December 25, Christmas Day

Monday, January 1, New Year's Day

**Make-ups:** We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor that you're making up the class.

**Class Registrations:** Begin **August 14, 2006**. Class times/dates/instructors are subject to change. Events with phone-in only registration are marked accordingly.

**Please make checks payable to  
Senior Adult Advisory Council ("SAAC")**

**Mail payments to:** Senior Adult Programs, Attn: Northwest Sector, 8061 Densmore Ave N, Seattle, WA 98103-4436.

### Senior Aerobics Bitter Lake

**Ages 50 and older**

Join a friendly, low impact aerobics class that will help energize you. Body strengthening and stretching taught by a certified instructor.

**Location:** Bitter Lake Community Center  
Multi-Purpose Room

#11023                      Thu                      9 – 10 a.m.  
10/5 – 12/14

**Activity Fee:** \$20

### Body Conditioning

**Ages 50 and older**

This class is perfect for all fitness levels. Gain strength and greater flexibility. Look and feel better. Use dynabands/free weights/balls for strength conditioning.

**Location:** Bitter Lake Community Center  
Multi-Purpose Room

#10926                      Tue                      10:50 – 11:50 a.m.  
10/3 – 12/12

**Activity Fee:** \$25

### Yoga – Bitter Lake

**Ages 50 and older**

Gentle stretching to keep limber and build muscles, improve breathing, and balance. All skill/fitness levels. Instructor Paul Federowicz.

**Location:** Bitter Lake Community Center  
Multi-Purpose Room

#11027                      Thu                      10:15 – 11:15 a.m.  
10/5 – 12/7

**Activity Fee:** \$30

### Beginning Bridge

**Ages 55 and older**

Beginning Bridge classes are hard to find, so get the word out. Start with the basics and play away. Short classroom instruction, lots of practice. Goal: Bridge addiction and FUN. You don't need a partner.

**Location:** Bitter Lake Community Center  
Multi-Purpose Room

#10925                      Mon                      9 – 11 a.m.  
10/4 – 12/13

**Activity Fee:** \$30



*For more information on these and other Senior Adult programs, please call 206-684-4951 and request a copy of our latest brochure.*

## Senior Adults

### Bridge – Sharpen Your Defensive Skills

**Ages 55 and older**

This duplicate-style class focuses on a limited topic each Quarter with repetition, drills and a textbook to help you along. Past topics have been no-trump, 2-suited hands, slam hands, etc. Bring a lunch.

**Location:** Bitter Lake Community Center  
Multi-Purpose Room

#10927      **Mon**      11:30 a.m. – 1:30 a.m.

10/2 – 12/11

**Activity Fee:** \$30

### Open Bridge

**Ages 50 and older**

Party bridge managed by Leo, call (206) 364-4604 if you have questions.

**Location:** Bitter Lake Community Center Family Center

#11021      **Thu**      1:30 – 4:30 p.m.

10/5 – 12/14

**Activity Fee:** Free

### Sound Steps Walking Group

Join a free walking group for fun and fitness!

To register, call Mari at 684-4664.

### Northgate Mallwalk

Get fit, make new friends, and get your shopping errands done all at once! Meet at the food court by Starbucks.

**Ages 50+**

**Thursdays**      9 – 10 a.m.      **Oct 2 – Dec 15**

**Fees:** free

**Location:** Northgate Mall

### Senior Dance

Step out to the sound of our band, The Peptones, at our weekly Senior Adult dance! Enjoy good friends, refreshments, fun weekly themes- and of course, DANCING! Lucille Getchell is your lovely hostess who puts on a fabulous dance!

**Ages 55+**

**Thursdays**      1 – 3 p.m.

**Fees:** \$3.50

**Location:** Bitter Lake CC

### Pickleball

Learn this fun game that is played indoors and is a cross between tennis and ping pong. All equipment provided!

**Tuesdays** 10:30 a.m. – 12:30 p.m.

**Fees:** \$1 drop – in (\$2 if under age 55)

**Location:** Bitter Lake CC

**Fridays**      12:30 – 2:30 p.m.

**Fees:** \$1 drop – in (\$2 if under age 55)

**Location:** Bitter Lake CC

### Volunteer Opportunities

Simple, one-hour, non-strenuous work and socializing. Bring a sack lunch; we provide drinks and treat. Name the park with which you'd like to assist. Van pick-up from Ballard Community Center. Reg. on June 20th at 8 a.m.

### Atlantic Street Nursery

Bring your own lunch.

**Tue, Oct 3**      10:15 a.m. – 1 p.m.

**Fees:** Free

### Carkeek Park

**Tue, Nov 14**      10:15 a.m. – 1 p.m.

**Fees:** Free

### Cooking

Join Rosangela in the kitchen to create wonderful recipes that you won't forget. The best part, you get to enjoy your creations for lunch. Each class fee is \$12. Please pre-register at (206) 233-7138. Hurry--space is limited.

### Savory & Sweet Dishes with Pumpkin

(besides pie). Get creative with pumpkin, and show off a new recipe to your friends and family this holiday season.

**Tue, Nov 21**      10 a.m. – Noon

**Fees:** \$12

**Location:** Bitter Lake CC

## Senior Adults

### Lunch Club

Explore the hottest local foods with fun people. Register Sept. 20 at 8:00am to reserve your seat (206) 233-7138. There is an automatic 17–20% gratuity on your table's tab. Meet at Ballard CC. at 11 a.m. Each trip is \$4 paid in advance.

### Crabpot Restaurant

Register Sept. 20 at 8 a.m. by calling 206-233-7138 (limited capacity).

11 a.m. Tue, Oct 10

Fees: \$4 \$\$

Location: Ballard CC

### Saltie's on Alki

11 a.m. Tue, Nov 7

Fees: \$4 \$\$

### Red Crane Steak & Sushi at Club Hollywood

11 a.m. Tue, Dec 12

Fees: \$4 \$\$

### Thanksgiving Dinner

Enjoy a pre- celebration with friends. Enjoy all the traditional delights will be served, all you need to bring is your appetite. Must register by Nov. 16th.

Sun, Nov 19 11 a.m. – 1 p.m.

Fees: \$10

Location: Bitter Lake CC

### Holiday Tea

Bring your favorite tea cup with you! We will supply the refreshments and tea.

Sun, Nov 19 1 – 2:30 p.m.

Fees: \$3

Location: Northgate CC

### Nature Walks and Hikes

Enjoy forests, streams, and more. Walk at your own pace for up to 1 1/2 hours. To register, call Oct. 2 at 8:00 a.m. Wear all terrain shoes. Rain or shine. bring a sack lunch, pick up is Ballard CC.

### Sammamish River Trail

Paved and level. Start at Marymoore. Bring sack lunch

Ages 55+

Wed, Oct 25 10 a.m. – 2 p.m.

Fees: \$5.50

Location: Ballard van pick-up

### Seward Park

Paved and level. Start at Marymoore. Lunch on your own in Columbia City.

Tue, Nov 7 10 a.m. – 2 p.m.

Fees: \$5.50

### Camp Long

Paved and level. Start at Marymoore. Lunch on your own in West Seattle.

Tue, Dec 12 10 a.m. – 2 p.m.

Fees: \$5.50

### Trip Registration Information

Trip Registration: Call (206) 233-7138 at 8 a.m. on the dates listed under each trip. You may sign up yourself and one other person. When you call, leave your name, phone number, name of trip and pick-up site. You'll be called back ONLY if on the wait list.

Payment must be received five working days prior to trip or be subject to cancellation. **All Checks should be mailed to: SAAC, Senior Programs, Attn: NW Sector, 8061 Densmore Avenue N, Seattle, WA 98103**

#### PICK-UP SITES:

(Please park your car on the road)

Ballard CC 6020 28 Avenue NW

Bitter Lake CC 13035 Linden Avenue N.

Northgate CC 10510 5<sup>th</sup> Ave. NE

Northbound trips Ballard 30 mins. before time listed, Bitter Lake 15 minutes before time listed, and Northgate at the time listed.

Southbound trips Northgate 30 mins. before time listed, Bitter Lake 15 minutes before time listed, and Ballard at the time listed.

**Vans will only wait for 5 minutes for late people.** Registrations begin promptly at 8:00 a.m. Please don't call any earlier. Please do not wear any fragrances as a courtesy to those who have chemical sensitivities.



## Senior Adult Field Trips

### Dead Sea Scrolls

\$6

Discover the legendary Dead Sea Scrolls for yourself. Learn how science traced ancient history through modern technology, and experience the religious and cultural impact of the scrolls. Bring \$8 with you for admission. Have lunch at the center house afterwards. **Southbound.**

**Wed, Oct 4 9:15 a.m. – 1 p.m.**

### Bastyr University Tour

\$10

Bastyr University is known for its research in the study of natural healing. Tour the university and garden. After, enjoy a vegetarian lunch in the cafeteria after the tour- on your own. A suggested donation of \$5 is asked for the tour. Bring cash for your lunch, no credit cards accepted. **Northbound.**

**Wed, Oct 11 10:15 a.m. – 1 p.m.**

### Seattle Repertory Theater: Doubt

\$20

John Patrick Shanley's 2005 Pulitzer Prize-winning *Doubt* (it also won the Tony Award as best play that same year) is a riveting exploration of paranoia and suspicion in the Catholic Church. Set in a Bronx parochial school in 1964 — just as the Vatican II reforms begin to transfigure the Church — evidence of a priest's wrongdoing comes to light. Sister Aloysius, a strict school principal and traditionalist nun, faces the decision of a lifetime: Does she openly accuse a priest and give voice to her fear of his sinful actions, or does she bury her suspicions and leave room for doubt? This intense and personal power struggle between Sister Aloysius and Father Flynn ultimately calls into question both faith and justice in the shadows of this cloistered institution. **Southbound.**

**Wed, Oct 18 1:20 – 4 p.m.**

### Seattle Premium Outlet Stores and Tulalip

\$6

Find great deals at the many outlet stores where we will spend our morning. Then we will head to the casino for lunch, with a little time for playing.. **Northbound.**

**Wed, Nov 1 9:30 a.m. – 3 p.m.**

### Fall Colors Tour

\$12

View part of the beautiful Cascade Mountain Loop as we see the fall colors. We will head just over Stevens Pass to Lake Wenatchee to stretch our legs with a short walk. We will stop for lunch (on your own). **Northbound.**

**Wed, Nov 8 9 a.m. – 3:30 p.m.**

### Poinsettias and Lights

\$10

We're heading out for a day of Christmas festivities. First we'll head to Molbak's for the Festival of Poinsettias, then onto Wright's Nursery in Lynnwood. We'll stop for an early dinner (on your own), then weave our way home to see Christmas Light displays. **Northbound.**

**Wed, Dec 13 2 – 7 p.m.**

### Holiday Carol Singing

Free

Spread some joy to others this holiday season. Join us as we sing at area nursing homes. You don't have to be a great singer to come and be part of the fun. Song books and refreshments provided. **Northbound. Van pickup from Bitter Lake at 12:15 p.m., Northgate at 12:30 p.m.**

**Thu, Dec 14 12:30 – 3 p.m.**

### Trip Registration Information

**Trip Registrations are phone-in only** beginning at **8 a.m.** on the **date listed** under each trip. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. When you call, leave your name, phone number, name of trip & pick-up site. You'll **ONLY** be called back if on the Wait List.

**Please make checks payable to SAAC. Mail payments to:** Senior Adult Programs, Attn: Northwest Sector, 8061 Densmore Ave N, Seattle, WA 98103-4436. **Trip payments must be received at least 5 working days prior to trip.**

**Van Pick-up available** from Bitter Lake CC, S-bound: 30 min. before trip time. N-bound: time listed. Please park your car on the upper road. **Vans will only wait 5 minutes for late people. Please do not wear fragrances as a courtesy to those who have chemical sensitivities.**

# Phone Numbers

## Community Centers

Alki .....	684-7430
Ballard .....	684-4093
<b>Bitter Lake .....</b>	<b>684-7524</b>
Delridge .....	684-7423
Discovery Park .....	386-4236
Garfield .....	684-4788
Green Lake .....	684-0780
Hiawatha .....	684-7441
Highpoint .....	684-7422
Jefferson .....	684-7481
Langston Hughes Performing Arts Center .....	684-4757
Laurelhurst .....	684-7529
Loyal Heights .....	684-4052
Magnolia .....	386-4235
Meadowbrook .....	684-7522
Miller .....	684-4753
Montlake .....	684-4736
Northgate .....	386-4283
Queen Anne .....	386-4240
Rainier .....	386-1919
Rainier Beach .....	386-1925
Ravenna-Eckstein .....	684-7534
Sand Point .....	684-4946
South Park .....	684-7451
Southwest .....	684-7438
Van Asselt .....	386-1921
Yesler .....	386-1245

## Swimming Pools

Ballard .....	684-4094
Evans .....	684-4961
<b>Madison .....</b>	<b>684-4979</b>
Meadowbrook .....	684-4989
Medgar Evers .....	684-4766
Queen Anne .....	386-4282
Rainier Beach .....	386-1944
Southwest .....	684-7440
Colman (Summer only) .....	684-7494
Mounger (Summer only) .....	684-4708

## Libraries

Ballard Library .....	684-4089
Beacon Hill Library .....	684-4711
Bookmobile/Mobile Services .....	684-4713
<b>Broadview Library .....</b>	<b>684-7519</b>
Capitol Hill Library .....	684-4715
Central Library .....	386-4636
Columbia Library .....	386-1908
Delridge Library .....	733-9125
Douglass-Truth Library .....	684-4704
Fremont Library .....	684-4084
Green Lake Library .....	684-7547
Greenwood Library .....	684-4086
High Point Library .....	684-7454
Lake City Library .....	684-7518
Madrona Sally Goldmark Library .....	684-4705
Magnolia Library .....	386-4225
Montlake Library .....	684-4720
NewHolly Library .....	386-1905
North East Library .....	684-7539
Northgate Library .....	386-1980
Queen Anne Library .....	386-4227
Rainier Beach Library .....	386-1906
Southwest Library .....	684-7455
University Library .....	684-4063
Wallingford Library .....	684-4088
West Seattle Library .....	684-7444

## Neighborhood Service Centers (DON)

Ballard NSC .....	684-4060
Capitol Hill .....	684-4574
Central NSC .....	684-4767
Delridge NSC .....	684-7416
Downtown NSC .....	233-8560
Fremont NSC .....	684-4054
Greater Duwamish NSC .....	233-2044
Greenwood NSC .....	684-4096
Lake City NSC .....	684-7526
Queen Anne/Magnolia NSC .....	684-4812
Southeast NSC .....	386-1931
University NSC .....	684-7542
West Seattle NSC .....	684-7495

**You can make a difference!**

The Bitter Lake Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Bitter Lake's Advisory Council is always looking for new members. Meetings are held on the fourth Thursday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Bitter Lake Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

**E-Brochures are available!**

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure information online.

**Suggestions**

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

**Interested in teaching?**

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

**Anti-discrimination**

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

**Accommodation for people with disabilities**

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

**Rentals**

All rooms at the Center, including the Gym are available for rental on an availability basis. Rates are reasonable, so schedule your next birthday party, wedding reception, or potluck event with us. For more information, please call 206-684-7524.

**More information**

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for youth/adults with disabilities, please call 206-684-4950.

**Fees and charges**

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include a user fees paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

**Scholarships**

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

**Waiting lists**

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

**Class cancellations**

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

**Confirmations**

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.